



CONTACT: Sandy Gutierrez

DATE: October 6, 2010

RELEASE NO: 232

Media Advisory ***October is Domestic Violence Awareness Month***

October is Domestic Violence Awareness Month. A calendar of events is attached listing workshops and other events throughout the month.



October-Events
Calendar .pdf

Domestic violence ravages many lives and can make one feel completely isolated. Family violence is a situation in which one family member causes physical or emotional harm to another family member. At the center of this violence is the abuser's need to gain power and control over the victim. Abuse can be:

- Physical, such as slapping, hitting, kicking, punching, or burning
- Emotional, such as threats, harassment, and insults
- Sexual, such as incest or rape

There are many ways that the abuser tears down the victim's sense of power and security. The abuser may use:

Threats

- Physical harm
- Cutting off financial support
- Harm to children
- Suicide

Isolation

- Controlling who the victim sees and talks to
- Controlling when the victim can leave the house
- Not allowing the victim to work
- Using jealousy as an excuse for abuse
- Injuring relationships with family and friends

Verbal abuse

- Insults
- Mind games
- Name calling

Intimidation

- Abusing pets
- Displaying weapons
- Smashing objects
- Threatening looks, actions, gestures

For Immediate Release